

# Beef and Broccoli Stir Fry

## Ingredients

- 1 pound sirloin steak
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 1 tablespoon sesame oil
- 2 garlic cloves, minced
- 1/2 cup water
- 4 cups broccoli florets, chopped
- 1/2 cup vegetable broth
- 1/4 cup soy sauce



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## Directions

1. Slice sirloin steak into thin strips. Place steak into a large plastic bag and pour in salt and half of the cornstarch. Shake until well coated. Heat sesame oil in large skillet over medium-high heat.
2. Sauté beef in skillet, stirring constantly, for about 4 minutes or until it is no longer pink. Place beef in bowl and set aside.
3. Add garlic to skillet and cook for 1 minute. Add water and broccoli, cooking for 4 to 5 minutes. Mix remaining cornstarch, vegetable broth and soy sauce in a separate dish.
4. Put soy sauce mixture and beef in skillet and cook for 1 to 2 minutes or until sauce thickens.

